Claims

1. A method for supplementing the diet of a subject with diabetes mellitus comprising administering to the subject medium-chain triglycerides or a composition comprising medium-chain triglycerides in an amount sufficient to regulate and normalize fat metabolism in the subject.

2. The method according to claim 1, wherein the composition in the fat phase comprises:

(a) 10 to 30% medium-chain triglycerides;

(b) at least one monounsaturated fatty acid, and/or

(c) linoleic acid; and/or

(d) α-linolenic acid.

3. The method according to claim 2, wherein the monounsaturated fatty acid is oleic acid.

4. The method according to claim 3, wherein the composition comprises 20 to 60% oleic acid as monounsaturated trigylceride.

5. The method according to claim 2, wherein the composition comprises 10 to 35% linoleic acid as double-unsaturated triglyceride.

6. The method according to claim 2, wherein the composition comprises 3 to 10% α-linolenic acid as triple-unsaturated triglyceride.

7. The method according to claim 2, wherein the composition in the fat phase further comprises eicosapentaen acid and/or docosahexaen acid as mutiple-unsaturated triglycerides.

8. The method according to claim 7, wherein the composition comprises 0.5 to 2% eicosapentaen acid and/or docosahexaen acid.

9. The method according to claim 1, wherein the composition further comprises saturated long-chain triglycerides of 6% at the most.

10. The method according to claim 1, wherein the composition in the fat phase comprises:

(a) medium-chain triglycerides	10 to 30%;
(b) saturated long-chain triglycerides	0.5 to 6%;
(c) oleic acid	20 to 60%;
(d) linoleic acid	10 to 35%;
(e) alpha-linolenic acid	3 to 10%; and
(f) eicosapentaen acid and/or docosahexaen acid	0.5 to 2%.

11. The method according to claim 2, wherein the fat phase further comprises as emulsifiers, mono- and diglycerides of edible fatty acids, fat-soluble vitamins, β-carotene, butter flavourings and/or flavourings which are suitably spicy and anti-oxidative with regard to the highly unsaturated fatty acids.

12. The method according to claim 11, wherein the fat-soluble vitamins are vitamins A, D, E and/or vitamin C in the form of ascorbyl palmitate.

13. The method according to claim 12, wherein the fat phase of the composition comprises 0.0002 to 0.002 g retinyl palmitate and/or 1 to 5 μg (40-200 I. U.) vitamin D_3 and/or 0.02 to 0.2 g natural vitamin E in the form of RRR-α-tocopheryl acetate and/or 0.06 to 0.6 g ascorbyl palmitate.

14. The method according to claim 2, wherein (a) the fat phase of the composition comprises about 80% and the aqueous phase is about 20% or (b) the fat phase of the composition is about 60 to 65% and the aqueous phase is 35 to 40%.

15. The method according to claim 14, wherein the aqueous phase comprises the vitamins B_6, B_{12} and/or folic acid.

16. The method according to claim 15, wherein the aqueous phase further comprises the vitamins C, B_1, B_2 and/or niacin.

17. The method according to claim 16, wherein the composition comprises 0.01 to 0.25 g vitamin C and/or 0.0005 to 0.005 g vitamin B_1 and/or 0.0006 mg to 0.006 g vitamin B_2 and/or 0.0007 to 0.007 g vitamin B_6 and/or 0.0015 to 0.015 mg vitamin B_{12} and/or 0.007 to 0.070 g niacin (nicotine amide) and/or 0.0002 to 0.002 g folic acid.

18. The method according to claim 14, wherein the aqueous phase of the composition contains zinc, chrome and/or manganese.

19. The method according to claim 18, wherein the composition per 100 g comprises 0.00225 to 0.015 g zinc and/or 0.03 mg to 0.1 mg chrome and/or 0.002 to 0.005 g manganese.